

# **EXHIBIT 2**

# Trans Resource Guide

# Recommended Therapists

Ahmy Brock MA LMFT- Solid Ground Wellness  
5900 N. Burdick St Suite 201 E. Syr NY 13207  
315-836-3787 Or 315 416-7572

Angel Chambers .LMSW - Brownell Center  
1045 James St Suite 100 Syracuse NY  
315-472-4471

Briana Lewis, LMFT  
Family Counseling Services  
201 Cedar Street, Oneida  
315-280-0400

Briana Mason MA, LMFT  
Alkira Marriage and Family Therapy, PC  
6700 Kirkville Road  
Building B Suite 103B  
East Syracuse, New York 13057  
(315) 640-3680

Britton Tarris, MSW  
The Neighborhood Center  
624 Elizabeth Street Utica NY 13501  
315-272-2600

# Therapist Cont.

Brynn Rogers, MA, LMFT  
Connect Therapy Services, PLLC  
5900 North Burdick St Ste 102A  
Medical Center East  
East Syracuse, New York 13057  
(315) 364-0087

Caitlin Dawson Brown MS, LMHC  
50 Presidential Plaza  
Suite LL4  
Syracuse, New York 13202  
(315) 828-0361

Crystal Hoban, LPMFT, MA, Child Therapy CAS  
Child Advocacy Center of Oswego  
163 South 1st Street  
Fulton, NY  
(315) 592-4453

Daran Shipman LMFT  
530 Oak Street Syracuse NY 13203  
315-744-8279

# Therapist Cont.

Danielle McDonough, MHC  
Community Health and Behavioral Services  
1427 Genesee St. Utica, NY 13501  
(315) 798-8868 ext. 2166

Deb Coolhart, Phd, LMFT  
Fayetteville, NY 13066  
315 445-2154

Donna Farchione MA,MS, LMFT  
Anahata Marriage & Family Therapy  
6858 E Genesee St  
Fayetteville, New York 13066  
(315) 400-4601

Elizabeth Franger, LMFT  
Liberty Resources Integrated Health Care  
1045 James Street  
Syracuse NY 13203  
(315) 472-4471

Gender Wellness Center at Susquehanna Family Practice  
FoxCare Center, Suite 103  
5432 State Highway 7  
Oneonta, NY 13820  
Doctors, Mental Health and Surgical Providers  
607-431-5757

## Therapist Cont.

Helen Johnson, LCSW  
112 Dewitt Street  
Suite 205A  
Syracuse, New York 13203  
(315) 506-4886  
\* Teletherapy

Jenna DeRidder MA, LPMFT  
Harvest House  
Clinton Hall  
110 N. Cayuga Street  
4th Floor, Suite 3  
Ithaca, NY 14850  
(315) 663-7060

Jennifer Coppola, MS, MA, LPMFT  
315 South Crouse Ave, Suite 302  
Syracuse NY 13210  
315-414-9743

Jim Feinberg LCSW-R CH.T  
404 Oak Street  
Syracuse NY 13203  
718-412-8126  
\* Teletherapy

# Therapist Cont.

Karrie Damm, LMFT  
CNY Marriage & Family Therapy Place, PLLC  
792 N. Main St., Suite 200E  
North Syracuse, NY 13212  
(315) 299-6975

Kathryn Sowards, PhD, LMFT  
5900 N. Burdick St Suite 102 east E Syracuse NY 13207  
315-382-6427  
\* Trauma Work

Kevin K. Johnson, MD  
Crouse Medical Practice 475 Irving Ave Suite 418  
Syracuse, NY 13210  
Psychiatry, Addiction Medicine, Transgender Health  
(315) 766-1104

Lindsey Widrig, LMFT  
CNY Marriage & Family Therapy Place  
792 N Main St Suite 200E  
North Syracuse, New York 13212  
(315) 801-9434

Mary Kate Lenihan MA, LMFT  
Curious Heart Counseling  
24 Lake Street  
Dryden, New York 13053  
(855) 286-2210

# Therapist Cont.

Meaghan Malaney, LMFT  
530 Oak Street Syracuse NY 13203  
315-571-0752

Meghan MCDonough, MFT  
Community Health and Behavioral  
Services 1427 Genesee St Utica NY  
13501 (315) 798 – 8868 ext. 2246

Montinique McEachern, MEd, LPMFT  
Connect Therapy Services, PLLC  
5900 N. Burdick St. Suite 102 A  
East Syracuse NY 13057  
315-400-2483

Molly Lizzio, LMFT  
Courage & Connection Counseling  
528 Oak Street  
Syracuse, NY 13203  
(315) 313-4703

Moonhawk River Stone, M.S. LMHC  
1448 Dalton Drive  
Schenectady, NY 12309  
518-506-1261

# Therapist Cont.

Paul Batkin MA, LMFT  
731 James St. Suite 430  
Syracuse NY 13203  
(315) 466-9889

Rhea Parks, LMFT  
825 Northway Street  
Syracuse New York, 13224  
315-243-1083

Syracuse University Couple & Family Therapy Center  
Peck Hall 601 East Genesee Street Syracuse NY  
315-443-3023  
\*Trans Team

Tiffany McLallen MA, LMHC  
Meghan McRae PSY. D  
Rubenzahl, Knudsen & Associates  
22670 Summit Drive Suite 2, Watertown, NY 13601  
315-788-3332  
&  
7785 North State Street, Suite 150 Lowville NY 13367  
315-376-5255

# Therapist Cont.

Tara Lennox, LCSW-R.  
119 Sherman Street, Suite 3  
Watertown, NY  
315-816-4389

Tristan Martin, PhD, LMFT  
4500 Pewter Ln  
Manlius, NY 13104  
(315) 640-4285

University of Rochester  
Department of Adolescent Medicine  
Gender Health Services  
601 Elmwood Avenue Box 690  
Rochester, NY 14642  
(585) 275-2964

Dr. Wanda Fremont MD  
Adolescent Psychiatry SUNY Upstate  
713 Harrison Street Syracuse NY 13210  
315-464-3100

# Primary Care Physicians

Catherine B. Fessenden, NP  
Upstate Family and Preventive Medicine  
2nd Floor, 90 Presidential Plaza  
Syracuse, NY 13202  
315 464-4686

Dr. Errol McKenzie  
Family Medicine Associates Of Fayetteville  
212 Highbridge St. Suite C  
Fayetteville, NY 13066  
315-637-0477

Dr. George Gluz  
University Internist  
Suite 1  
550 Harrison Street  
Syracuse, NY 13202  
(315)464-5240

Dr. Lori Anderson  
The Synergy Center  
4500 Pewter Lane, Bldgs 8 & 9  
Manlius, NY 13104  
(315) 692.2037

# Primary Care Physicians

## Continued

Dr. Michael Mincolla  
Dr. Anthony Malvasi, D.O.  
CNY Family Care LLP  
4939 Brittonfield Parkway  
East Syracuse, NY 13057-9208  
(315) 463-1600

Dr. Kristen Pfau  
3922 Fennell Street  
PO Box 70  
Skaneateles, NY 13152  
(315) 685-0908

Teri Strine, RN MSN FNP-C  
Crouse Medical Practice at Brittonfield  
5000 Brittonfield Parkway, Suite A100  
East Syracuse, NY 13057  
(315) 449-3800

Inclusive Health Services  
Physicians' Office Building  
Suite 211,  
725 Irving Avenue  
Syracuse, NY 13210  
(315) 878-7554

# Cross Hormone Providers

Dr. Karen Teelin

Upstate Pediatric and Adolescent Center  
90 Presidential Plaza Syracuse NY 13202  
Up to age 21  
315-464-5831

Joslin Diabetes Center  
3229 East Genesee Street Syracuse NY 13214  
315-464-5726  
18 and up

Planned Parenthood  
Informed Consent 18 and up  
1120 E. Genesee Street Syracuse NY 13210  
866-600-6886  
135 Walnut Street Corning NY  
607-962-4686  
Plattsburgh Clinic  
66 Brinkerhoff Street Plattsburg, NY 12901  
518-561-4430  
160 Stone Street Watertown, NY 13601  
315-788-8065

Dr. Todd Lentz  
Course Medical Practice  
739 Irving Ave  
Syracuse NY 13210  
315-479-5070

# Cross Hormone Provider Cont.

Dr. Dayal Raja  
Slocum Dickson  
1729 Burrstone Rd  
New Hartford, NY 13413  
315-798-1400

## Gynecologist

Dr. Mark Billison  
Family Care Medical Group  
5100 West Taft Road Liverpool NY 13088  
Suite 2J  
315-452-2968

\*Also does cross hormones

Dr. Krislyn Flint  
Woman's Health Associates  
139 Fields Drive Oneida NY 13421  
315-363-9380

# Surgeons

Dr. Anthony Deboni  
CNY Surgery Center  
4403 Medical Center Drive Fayetteville, NY 13066  
315-663-0112  
Breast Augmentation or Removal

Dr. Christine McGinn  
Gender Wellness Center Pappillon  
18 Village Row Logan Square Lower York Road (202)  
New Hope, PA 18938 Suite 43  
215-693-1199  
Gender Confirmation Surgery, Counseling, Hormones, Hair Removal

Dr. Daniel Medalie  
Cleveland Plastic Surgery  
25700 Science Park Drive Landmark Centre, Suite  
190 Beachwood, OH 44122  
Phone: 216-393-9924  
OR  
Mount Sinai  
275 Seventh Avenue  
New York, NY 10011  
212-604-1730  
Breast Augmentation and Removal, FtM Bottom  
Surgeries

## Surgeons Continued

Dr. Deana Paley, DO,  
Samaritan Medical Center  
629 Washington Street,  
Watertown, NY 13601  
315-755-3650  
Top Surgery (18+)

Dr. Dmitry Nikolausky  
Upstate Urology  
750 East Adams Street  
Syracuse, NY 13210  
315-464-1500

Dr. Prashant Upadhyaya  
Upstate Health Care Center  
90 Presidential Plaza  
Syracuse, NY 13202  
315-464-8224  
Breast Augmentation and Removal

# Electrolysis

Electrolysis Professionals

218 Luddington Street

Syracuse, NY 13206

[www.electrolysisprofessionalscnny.com](http://www.electrolysisprofessionalscnny.com)

315-431-9580

Amber Heisey

Trubliss Wellness Spa

709 North Main Street , North Syracuse 13212

315-635-5122

Electrolysis By Stefania

5975 Court St Road Syracuse NY 13206

315-657-3725

Pam Dausman

Ivy League Electrolysis

719 East Genesee Street Syracuse NY 13210

Room 206

315-378-7042

Merle Trogman

Accredited Electrolysis Studio

6647 Kirkville Road East Syracuse NY 13057

315-463-5016

# Voice Modification

Voice and Communication Modification Program

For People in the Transgender Community

Ewing Clinic Ithaca College

202 Smiddy Hall

607-274-3714

# Binders

The Ties That Bind  
CNY Binder Donation/Exchange Program  
[www.tiestthatbindcny.org](http://www.tiesthatbindcny.org)

Gc2b  
[www.gc2b.co](http://www.gc2b.co)

Underworks  
[www.underworks.com](http://www.underworks.com)

Syracuse University Couple & Family Therapy Center  
Binder Exchange Program  
315-443-9405

\* The Q Center has a limited supply for youth that attend group

# Clothing Lines

Rubies  
Form Fitting Clothing for Trans Girls  
[www.rubyshines.com](http://www.rubyshines.com)

Leolines  
[www.Etsy.com](http://www.Etsy.com)

Old Navy  
Gender Neutral Line  
[www.oldnavy.gap.com](http://www.oldnavy.gap.com)

# Faith Communities

## All Saints Church

1340 Lancaster Ave  
Syracuse, NY 13210  
(315) 472-9934

## All Souls UU Church

1330 Gotham St,  
Watertown, NY 13601  
(315) 788-2742

## First Unitarian Universalist Society of Syracuse

109 Waring Rd,  
Syracuse, NY 13224  
(315) 446-5940

## Grace Church

6 Elizabeth St,  
Utica, NY 13501  
(315) 733-7575

## Hendricks Chapel @ Syracuse University

West Zone  
Syracuse, NY 13244  
(315) 443-2901  
chapel@syr.edu

# Faith Communities

## Continued

### May Memorial Unitarian Universalist Society

3800 E Genesee St,  
Syracuse, NY 13214  
(315) 446-8920

### Plymouth Congregational Church

232 E. Onondaga Street,  
Syracuse, NY 13202  
(315) 474-4836

### University United Methodist Church

324 University Ave,  
1085 E Genesee St,  
Syracuse, NY 13210  
(315) 475-7277

### Westminister Presbyterian Church

17 William St,  
Auburn, NY 13021  
(315) 253-3331

# Community Resources

## The Q Center

835 Hiawatha Blvd W. Syracuse NY 13204

315-475-2430

Services Include: Case Management, HIV testing,

Support groups for youth and parents,  
social events, cultural competency training  
and advocacy service

Hilary Avallone Ext.2515

Regional Program Coordinator

Ashley Davis Ext. 2461

CNY Program Coordinator &  
Syringe Exchange Program

Talia Shenandoah Ext. 2457

Youth Development Specialist

Karen Fuller Ext.2412

Family Peer Advocate

Annabelle Fears Ext.2405

LGBTQ Rapid ReHousing Program

# Community Resources

## Transgender Alliance of CNY

Service Organization for Transgender Community  
of Central and Upstate NY  
[www.facebook/tgacny/](http://www.facebook/tgacny/)

## SAGE Upstate

Promotes Health and Well-being of Older LGBTQ Adults and Allies  
431 East Fayette Street Syracuse NY 13202  
Kim Dill Executive Director  
315-478-1923  
[www.sageupstate.org](http://www.sageupstate.org)

## Syracuse University LGBT Resource Center

khristian kemp-delisser Director  
750 Ostrom Ave Syracuse NY 13244  
315-443-3983  
[lgbt.syr.edu](http://lgbt.syr.edu)

## Identity

206 State Street  
Binghamton, NY 13901  
607-651-9120  
[www.idyouth.org](http://www.idyouth.org)

# Community Resources Cont.

## The Center

73 Main Street  
Cortland, NY 13045  
607-756-8970  
[www.cortlandprevention.org](http://www.cortlandprevention.org)

## PFLAG Oswego County

Oswego County Opportunities Inc.  
Midtown Plaza, Oswego  
Contact Debbie Danby  
315-342-7532 ext 1603  
[ddaby@oco.org](mailto:ddaby@oco.org)

## Black Cuse Pride

Focused on providing a safe and confidential environment to the inner-city LGBTQ community as well as offering networking opportunities, health information and peer support. We are the voice of the LGBTQ inner-city community.  
(315) 863-4539

## CNY Pride

The mission of CNY Pride is to serve the Central New York lesbian, gay, bisexual, and transgender and queer (LGBTQ) community and their allies.  
PO Box 6608 Syracuse, NY 13217  
(315) 210-8690

# National Resources

## Philadelphia Trans Wellness Conference

### a Program of The Mazzoni Center

Hosts Yearly Convention

[www.mazzonicenter.org/tans-health](http://www.mazzonicenter.org/tans-health)

## TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression

[www.imatyfa.org](http://www.imatyfa.org)[www.facebook.com/imatyfa.org](https://www.facebook.com/imatyfa.org)

888-462-8932

## Transparenting In CNY

Facebook Page Providing positive news stories,

articles, and opinion pieces for parents and

caregivers of transgender youth

[www.facebook.com/transparenting/](https://www.facebook.com/transparenting/)

## Campus Pride

An organization for student leaders and  
campus groups working to create a safer  
college environment for LGBTQ students

[www.campuspride.org](http://www.campuspride.org)

## Crisis Support

The Trevor Project

Provides crisis intervention and suicide prevention

services to (LGBTQ) young people under 25

[www.thetrevorproject.org](http://www.thetrevorproject.org)

1-866-488-7386

# Crisis Support Cont.

## Trans Life Line

Grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

[www.translifeline.org](http://www.translifeline.org)

US (877) 565-8860

Canada (877) 330-6366

# Culturally Competent Hair Stylist

[www.safeinmychair.com](http://www.safeinmychair.com)

Offers a directory of stylists, barbers, makeup artists and entire salons that have declared themselves ready to be there for you

## Cliptomania Salon

314 W Manlius St

East Syracuse, NY 13057

[cliptomaniasaloon@gmail.com](mailto:cliptomaniasaloon@gmail.com)

(315) 437-7616

## Moments Enchanted Salon & Day Spa

612 Oswego St

Liverpool, NY 13088

(315) 937-6906

# Legal Aid

## Volunteer Lawyers Project of Onondaga County, INC

221 South Warren Street Suite 320 Syracuse NY 13202

315-579-2576

Assistance with name changes,  
gender marker changes and passport applications

## Just Roots Consulting

Milo Primeaux, Esq. (he/him)

Law Office of Milo Primeaux, Esq.

P.O. Box 665, Dansville, NY 14437-0665

(585) 612-1071

## Empire Justice Center

Telesca Center for Justice

One West Main Street Suite 200 Rochester, NY 14614

585-295-5721

Human Rights Laws, name and document changes

### \*\*\*\*\*DISCLAIMER\*\*\*\*\*

This resource guide was put together with recommendations from Q members. This is not an all inclusive list, it is meant to be a tool to assist you in finding affirming providers. If you wish to recommend someone you have had a positive experience with or have had a negative experience with a provider listed

please contact

Karen Fuller @ Kfuller@acrhealth.org

315 475-2430 ext 2412